

2024 Bomber Football Season

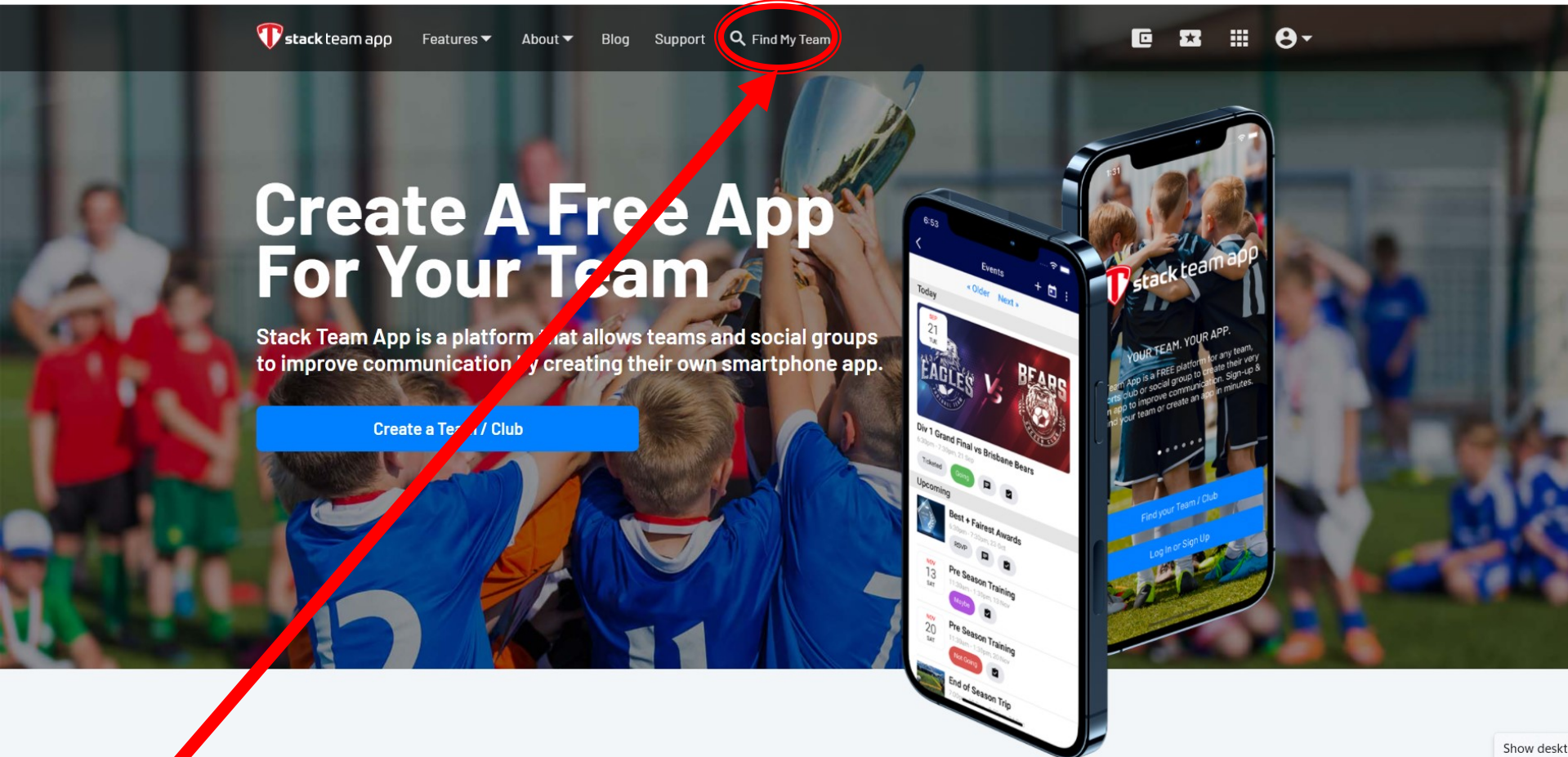
Spring Parent Meeting

Head Coach – Steve Specht '86

sspecht@stxavier.org

(513) 266-6132 (Cell)

TEAM APP – www.teamapp.com



The image shows a screenshot of the Stack Team App website. At the top, the navigation bar includes the logo, 'stack team app', and menu items: 'Features', 'About', 'Blog', 'Support', and a search bar labeled 'Find My Team'. A red circle highlights the search bar, and a red arrow points from the text 'Type in St. X Football' below to it. The main content area features a background image of children celebrating with a trophy. The headline reads 'Create A Free App For Your Team'. Below it, a sub-headline states: 'Stack Team App is a platform that allows teams and social groups to improve communication by creating their own smartphone app.' A blue button labeled 'Create a Team / Club' is positioned below the sub-headline. To the right, two smartphones are shown displaying the app's interface, which includes a calendar of events, a match schedule for 'EAGLES vs BEARS', and a 'Log In or Sign Up' button. A 'Show desktop' link is visible in the bottom right corner.

stack team app Features About Blog Support Find My Team

Create A Free App For Your Team

Stack Team App is a platform that allows teams and social groups to improve communication by creating their own smartphone app.

Create a Team / Club

YOUR TEAM. YOUR APP.

Stack Team App is a FREE platform for any team, club or social group to create their very own app to improve communication. Sign up & create an app in minutes.

Find your Team / Club

Log In or Sign Up

Show desktop

Type in St. X Football

TEAM APP – www.teamapp.com



Features ▾

About ▾

Blog

Support

🔍 Find My Team



Find



Enter team or club name

St. X Football



ST X FOOTBALL

1205 members

St Xavier Football, Football - American, Ohio, United States

stack team app



About

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[Blog](#)

Product

[How Stack Team App Works](#)

[Member Features](#)

[Club Admin Features](#)

[Youth Club Features](#)

[League & Association Features](#)

Stack Team App

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Support

[Help & Support](#)

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Type in St. X Football

Full Charge

<https://stxavier.fullchargeapp.com/>



April 2024

list day

< > today

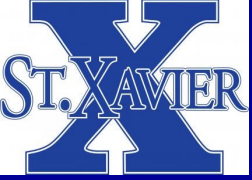
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO CLASSES - Easter Break	2 NO CLASSES - Easter Break	3 NO CLASSES - Easter Break	4 NO CLASSES - Easter Break	5 NO CLASSES - Easter Break	6
7	8 X Day 7:00am JV Offseason Workout 7:00am Varsity Offseason Workout	9 Y Day 7:00pm 2024 Football Parent Meeting	10 A Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	11 G Day	12 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	13
14	15 C Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	16 A Day	17 G Day (Extended Flex Homeroom Conversations) 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	18 E Day 6:00pm 2024 Football Staff Meeting	19 NO CLASSES 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	20
21	22 C Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	23 A Day	24 G Day (Morning Assembly) 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	25 E Day	26 C Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	27
28	29 X Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	30 Y Day				



Upcoming Events

- Y Day**
Starts At: 4/9/2024, 12:00 AM
Category: School Days
- 2024 Football Parent Meeting**
Starts At: 4/9/2024, 07:00 PM
Ends At: 4/9/2024, 08:30 PM
Category: General
Reynolds Room (1558-1560)
- A Day**
Starts At: 4/10/2024, 12:00 AM

22 new notific...



Medical Staff



TEAM DOCTORS

Dr. Kevin Reilly '82

Dr. Bret Betz '03

Dr. Brian Grawe '00

Team Trainers

Ken Rushford

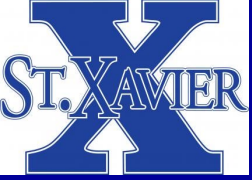
Mike Gordon

Athletic Administration

Athletic Director – Tim Banker '95

Tbanker@stxavier.org

Assistant Athletic Director – Teri Smith



Coaching Staff

Varsity

Head Coach	- Steve Specht '86 (Advancement)
Cornerbacks	- Mike Bellamah '90 (Physical Education)
Defensive Coordinator/\$	- Jake Brodbeck '11
Wide Receivers	- Jeremy Carpenter
Offensive Coordinator/QB's	- Andrew Coverdale (Social Studies)
Tight Ends	- Doug Littellmann '85
Special Teams's Coordinator	- Dan Morrison
Asst. Head Coach/Prog Devt.	- Jeff Neal
Running Backs	- Christian Neidhard '18
Offensive Line	- Alex Sulfsted
Linebackers	- Jeff Weber
Defensive Line	- Mike Wiles
Strength & Conditioning	- Terrell Williams (Director, Wellness)
Offensive Line	- Jeff Woltz



Coaching Staff



Junior Varsity

Head Coach/Wide Receivers	- Denny Fox
<u>-dfox@deloitte.com</u>	
Defensive Backs	- Brandon Myles
Defensive Line	- Chris Payne '19
Linebackers	- Chris Seymore
Offensive Line	- Nathan Uhl '20
Quarterbacks/Running Backs	- T.B.D.

Freshmen

Head Coach/Linebackers	- Ed Nardini '81 (Computer Science)
<u>-enardini@stxavier.org</u>	
Wide Receivers	- John Getgey (Advancement)
Tight Ends	- Matt Lodder '94
Defensive Coordinator/\$	- Nick Lyle '00
Cornerbacks	- Ralph Nardini '77 (Advancement)
Defensive Line	- Tim O'Toole '75
Quarterbacks/Running Backs	- Tony Schad '81 (V.P. Advancement)
Offensive Line	- Jim Telles (Religion)



Varsity/JV

Summer Strength & Conditioning

Mondays/Wednesdays/Fridays

**May 31st – July 12th : Varsity - 6:00 am – 8:00 am
JV - 7:00 am – 9:00 am**

Cost - \$65.00

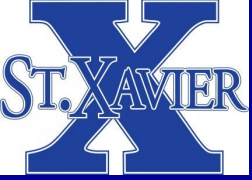
Dress – Blue shirt and Black Shorts

Cash or Checks payable to St. Xavier High School

Summer Camp Days

Varsity and JV – M/T/R/F (7:00 am – 10:00 am)

July 15th, 16th, 18th, 19th, 22nd, 23rd, 25th, 26th, 29th, 30th



Freshmen

Summer Strength & Conditioning

Mondays/Wednesdays/Fridays

June 3rd – July 26th : 12:30 pm – 2:00 pm (Summer classes)

July 12th – July 31st : 8:00 am – 9:30 am

Cost - \$65.00

Dress – Blue shirt and Black Shorts

Freshman Summer Camp Days

July 8th, 9th, 10th, 11th

Dress – Blue Shirt, Black Shorts, and Cleats

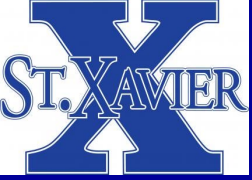
Cost - \$85.00

Sign up online at <https://stxcamps.campbrainregistration.com/>

-or-

Download the registration form and mail it here:

<https://stxavier.fullchargeapp.com/resources>



Equipment



All necessary equipment provided by St. Xavier

-Helmet (you can purchase your own helmet provided it is white, up to date on reconditioning and I refit – I will need to recondition the helmet at the end of every season in order for your son to wear it in subsequent seasons...we will pay for the reconditioning).

-Shoulder Pads

-5 padded girdle (Hip/Butt/Thigh)

-Knee Pads

-Practice Pants and Jersey

-Home/Away Game Jerseys

-Game Pants (Varsity - Blue/White)

-Game Cleats - Varsity receives one pair game cleats. JV/Freshman can wear any cleat provided they are blue/white/black

Summer Schedule

1. Dead Week – Thursday, June 27th – Sunday, July 7th
2. Vacations
 - If you planned a vacation outside the dead week, your son MUST COMMUNICATE the dates with Coach Specht prior to the vacation.
3. Summer Athletic Teams
 - If your son is involved in a summer program, we will work with his schedule provided he COMMUNICATES with Coach Specht prior to the absence.
4. Mandatory Practice
 - The football season officially begins on Thursday, August 1st. Any absence from this point on results in a one game suspension.

MAY - 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 A Day 12:00am Self-Assess 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	2 G Day 6:00am GCL College Combine	3 E Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	4
5 12:00am Academic Survey 12:00am Self-Assess	6 C Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	7 A Day	8 G Day 12:00am Self-Assess 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	9 E Day	10 C Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	11
12 12:00am Academic Survey 12:00am Self-Assess	13 X Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	14 Y Day	15 A Day 12:00am Self-Assess 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	16 G Day	17 C Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	18
19 12:00am Academic Survey 12:00am Self-Assess	20 C Day 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	21 All Meet Day	22 X Day 12:00am Self-Assess 6:00am Varsity Offseason Workout 4:30pm JV Offseason Workout	23 Y Day	24 NO CLASSES - Musicfest 6:00am Varsity/JV Strongman Competition	25
26 12:00am Academic Survey 12:00am Self-Assess	27 NO CLASSES - Memorial Day	28 Exams 4:15pm Varsity - Mason Passing Scrimmage @ Mason	29 Exams 12:00am Self-Assess	30 Exams 4:00pm Varsity - Passing Scrimmage vs Anderson (Home)	31 6:00am Varsity Workouts 7:00am JV Workouts	

JUNE - 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 12:00am Academic Survey 12:00am Self-Assess	3 6:00am Varsity Workouts 7:00am JV Workouts 9:00am Youth Football Camp 12:30pm Freshman Workouts	4 9:00am Youth Football Camp	5 12:00am Self-Assess 6:00am Varsity Workouts 7:00am JV Workouts 9:00am Youth Football Camp 12:30pm Freshman Workouts	6 9:00am Youth Football Camp	7 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	8
9 12:00am Academic Survey 12:00am Self-Assess	10 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	11	12 12:00am Self-Assess 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	13	14 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	15
16 12:00am Academic Survey 12:00am Self-Assess	17 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	18	19 12:00am Self-Assess 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	20	21 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	22
23 12:00am Academic Survey 12:00am Self-Assess	24 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	25	26 12:00am Self-Assess 6:00am Varsity Workouts 7:00am JV Workouts 12:30pm Freshman Workouts	27 Dead Week	28 Dead Week	29 Dead Week
30 Dead Week 12:00am Academic Survey 12:00am Self-Assess						

JULY - 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dead Week	2 Dead Week	3 Dead Week 12:00am Self-Assess	4 Dead Week	5 Dead Week	6 Dead Week
7 Dead Week	8 6:00am Varsity Workouts 7:00am JV Workouts 12:00am Academic Survey 12:00am Self-Assess	9 8:00am Incoming Freshman Football Camp MVFCA Coaches 2:00pm Challenge - 7 on 7 - University of Dayton	10 12:00am Self-Assess 6:00am Varsity Workouts 7:00am JV Workouts 8:00am Incoming Freshman Football Camp	11 8:00am Incoming Freshman Football Camp	12 6:00am Varsity Workouts 7:00am JV Workouts 8:00am Freshman Workouts	13
14 12:00am Academic Survey 12:00am Self-Assess	15 7:00am Varsity & JV Mini-Camp 8:00am Freshman Workouts	16 7:00am Varsity & JV Mini-Camp	17 12:00am Self-Assess 8:00am Freshman Workouts 10:30am Passing Scrimmage vs Springboro	18 7:00am Varsity & JV Mini-Camp	19 7:00am Varsity & JV Mini-Camp 8:00am Freshman Workouts	20
21 12:00am Academic Survey 12:00am Self-Assess	22 7:00am Varsity & JV Mini-Camp 8:00am Freshman Workouts	23 7:00am Varsity & JV Mini-Camp	24 12:00am Self-Assess 8:00am Freshman Workouts	25 7:00am Varsity & JV Mini-Camp	26 7:00am Varsity & JV Mini-Camp 8:00am Freshman Workouts	27
28 12:00am Academic Survey 12:00am Self-Assess	29 7:00am Varsity & JV Mini-Camp 8:00am Freshman Workouts	30 7:00am Varsity & JV Mini-Camp	31 12:00am Self-Assess 8:00am Freshman Workouts			

AUGUST - 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Official Start of Summer Practices - MANDATORY! 7:00am Program Kickoff Mass and meeting in Chapel 9:00am Varsity and JV Double Session 9:00am Freshman Double Sessions	2 8:00am Varsity and JV Double Sessions 8:00am Freshman Double Sessions	3 7:00am Varsity and JV Double Sessions 8:00am Freshmen Double Sessions
4 OFF DAY 12:00am Academic Survey 12:00am Self-Assess	5 7:00am Varsity and JV Double Sessions 8:00am Freshman Double Sessions	6 7:00am Varsity and JV Double Sessions 8:00am Freshman Double Sessions	7 12:00am Self-Assess 7:00am Varsity and JV Double Sessions 8:00am Freshman Double Sessions	8 7:00am Varsity and JV Double Sessions 8:00am Freshman Double Sessions	9 7:00am Varsity and JV Double Sessions 8:00am Freshman Double Sessions	10 8:00am Freshman - 4 Way Scrimmage @ Centerville 9:00am Varsity - 4 Way Scrimmage @ RDI STADIUM
11 OFF DAY 12:00am Academic Survey 12:00am Self-Assess	12 7:00am Varsity - Chapel Visit 3:10pm Varsity - Practice 3:10pm JV - Practice 3:10pm Freshman - Practice	13 3:10pm Varsity - Practice 3:10pm JV - Practice 3:10pm Freshman - Practice	14 A Day 12:00am Self-Assess 3:10pm Varsity - Practice 3:10pm Freshman - Practice 3:10pm JV - Practice	15 3:10pm Freshman - Practice 3:10pm JV - Practice 3:10pm Varsity - Practice	16 Freshman Scrimmage vs Colerain - St. Xavier Track Field 5:00pm JV Scrimmage vs Colerain - RDI Stadium 7:00pm Varsity scrimmage vs Colerain @ RDI Stadium	17 8:00am Picture Day - Varsity/JV/Freshmen 9:00am Varsity - Game Film, Lift and Run
18 OFF DAY 12:00am Academic Survey 12:00am Self-Assess	19 7:00am Varsity - Chapel Visit 3:10pm Varsity - Practice 3:10pm JV - Practice 3:10pm Freshman - Practice	20 3:10pm Varsity - Practice 3:10pm JV - Practice 3:10pm Freshman - Practice	21 12:00am Self-Assess 3:10pm Varsity - Practice 3:10pm JV - Practice 6:00pm FRESHMEN - Lakota West - RDI STADIUM	22 3:10pm Freshman Practice 3:10pm JV - Practice 3:10pm Varsity - Practice	23 3:10pm Freshman - Practice 3:10pm JV - Practice 7:00pm VARSITY - Lakota West - AWAY	24 Freshman - OFF DAY 8:00am Varsity - Game Film, Lift and Run 10:00am JV - Lakota West - RDI STADIUM
25 OFF DAY 12:00am Academic Survey 12:00am Self-Assess	26 7:00am Varsity - Chapel Visit 3:10pm Varsity - Practice 3:10pm JV - Practice 3:10pm Freshman - Practice	27 3:10pm Varsity - Practice 3:10pm JV - Practice 3:10pm Freshman - Practice	28 12:00am Self-Assess 3:10pm Varsity - Practice 3:10pm Freshman Practice 3:10pm JV - Practice	29 3:10pm Freshman Practice 3:10pm JV - Practice 3:10pm Varsity - Practice	30 3:10pm Freshman - Practice 3:10pm JV - Practice 7:00pm VARSITY - Centerville - AWAY	31 8:00am Varsity - Game Film, Lift and Run 10:00am FRESHMEN - Centerville - TRACK FIELD 10:00am JV - Centerville - RDI STADIUM

2024 SCHEDULES

VARSITY SCHEDULE

Week	Date	Team	Location	Time
1st Scrimmage	10-Aug	4 way Scrimmage	RDI Stadium	10:00 AM
2nd Scrimmage	16-Aug	Colerain Scrimmage	RDI Stadium	7:00 PM
Week 1	23-Aug	Lakota West	Away	7:00 PM
Week 2	30-Aug	Centerville	Away	7:00 PM
Week 3	6-Sep	Cathedral	RDI Stadium	7:00 PM
Week 4	13-Sep	Withrow	RDI Stadium	7:00 PM
Week 5	20-Sep	Moeller	RDI Stadium	7:00 PM
Week 6	27-Sep	Elder	Away	7:00 PM
Week 7	4-Oct	Trinity	Away	7:00 PM
Week 8	11-Oct	LaSalle	Away	7:00 PM
Week 9	18-Oct	St. Ignatius	RDI Stadium	6:00 PM
Week 10	25-Oct	Life Christian Academy	RDI Stadium	7:00 PM

JV SCHEDULE

Week	Date	Team	Location	Time
1st Scrimmage	10-Aug	Mt. Healthy	Away	10:00 AM
2nd Scrimmage	16-Aug	Colerain Scrimmage	RDI Stadium	5:00 PM
Week 1	24-Aug	Lakota West	RDI Stadium	10:00 AM
Week 2	31-Aug	Centerville	RDI Stadium	10:00 AM
Week 3	7-Sep	Cathedral	Away	11:30 AM
Week 4	14-Sep	Withrow	Away	10:00 AM
Week 5	21-Sep	Moeller	Away	10:00 AM
Week 6	28-Sep	Elder	RDI Stadium	10:00 AM
Week 7	5-Oct	Trinity	RDI Stadium	11:00 AM
Week 8	12-Oct	LaSalle	RDI Stadium	10:00 AM
Week 9	19-Oct	St. Ignatius	RDI Stadium	12:00 PM
Week 10	26-Oct	Mt. Healthy	Away	10:00 AM

FRESHMAN SCHEDULE

Week	Date	Team	Location	Time
1st Scrimmage	10-Aug	4 way Scrimmage	TBD	10:00 AM
2nd Scrimmage	16-Aug	Colerain Scrimmage	RDI Stadium	5:00 PM
Week 1	21-Aug	Lakota West	RDI Stadium	6:00 PM
Week 2	31-Aug	Centerville	TRACK FIELD	10:00 AM
Week 3	7-Sep	Cathedral	Away	10:00 AM
Week 4	TBD	TBD	TBD	TBD
Week 5	18-Sep	Moeller Blue	Away	5:30 PM
	19-Sep	Moeller White	RDI Stadium	5:00 PM
Week 6	25-Sep	Elder Blue	RDI Stadium	5:30 PM
	26-Sep	Elder White	Away	5:30 PM
Week 7	5-Oct	Trinity	Away	11:00 AM
Week 8	8-Oct	LaSalle	RDI Stadium	
Week 9	19-Oct	St. Ignatius Blue	TRACK FIELD	12:00 PM
	19-Oct	St. Ignatius White	TRACK FIELD	1:30 PM

Field House Renovation

EFFICIENT

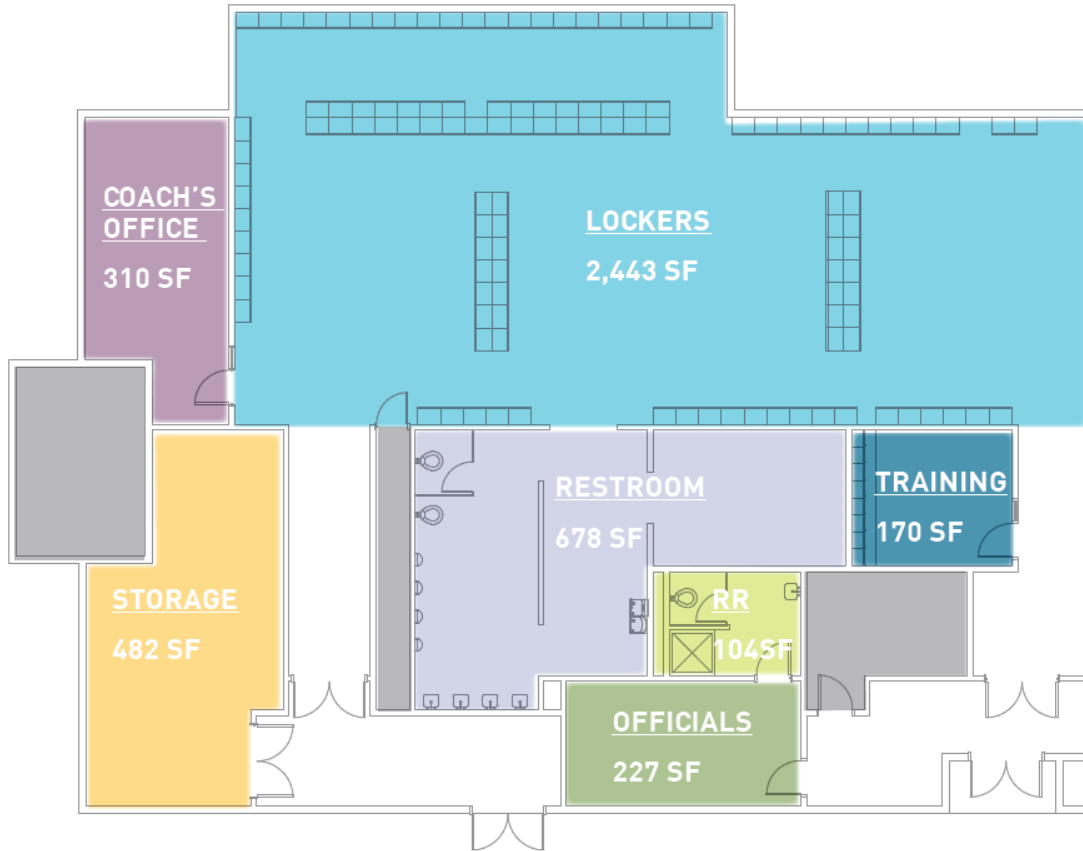
HEALTHY

DURABLE

TRADITION

INSPIRING

Existing Program



PROGRAM:	EXISTING QTY:
● LOCKERS	115
● COACH'S OFFICE	1
● OFFICIAL MTG	1
● OFFICIAL RR	1
● TRAINING	1
● STORAGE	1
RESTROOM	
● SHOWER	7
● WATER CLOSET	2
● URINAL	4
● LAVATORY	4
TOTAL FIXTURE COUNT	17
SF PER FIXTURE	41 SF

EFFICIENT

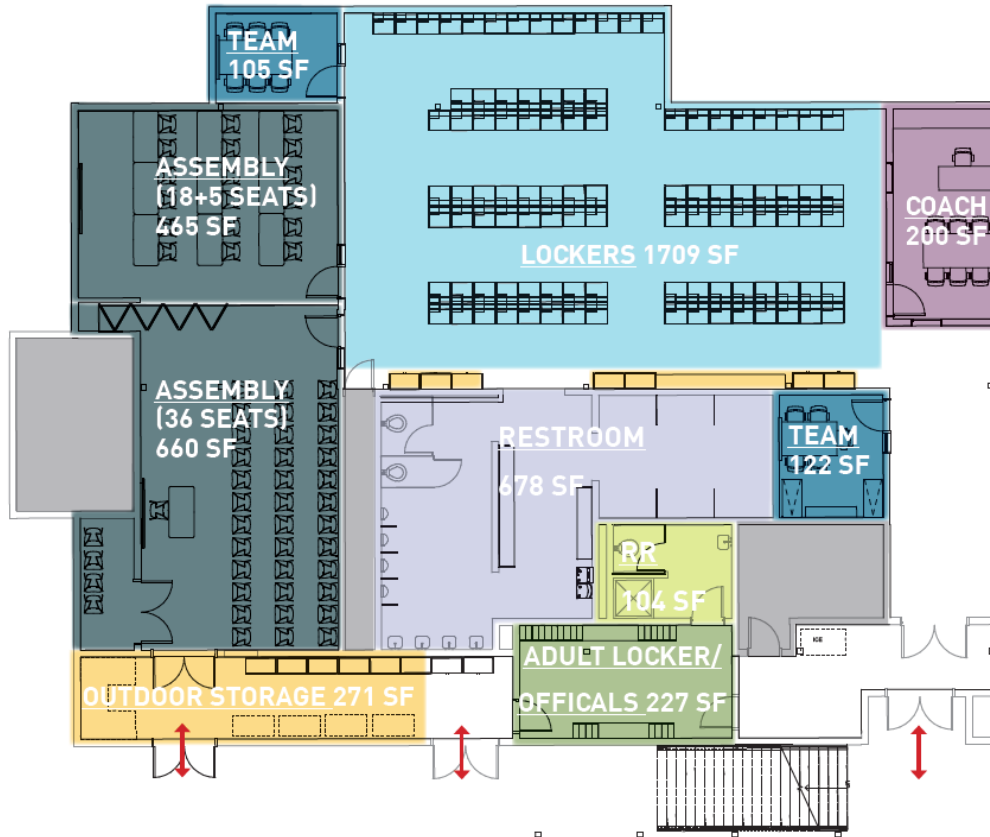
HEALTHY

DURABLE

TRADITION

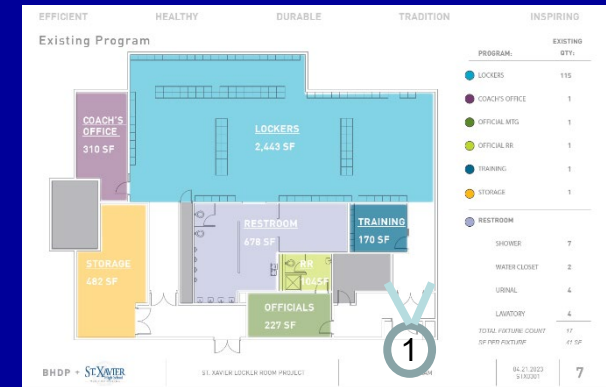
INSPIRING

New Program | LOWER LEVEL



PROGRAM:	QTY:
LOCKERS	100 LOCKERS
COACH'S OFFICE	7 SEATS
SINGLE USER RR	1 FIXTURE
ADULT LOCKER ROOM	8 LOCKERS 6 SEATS
TEAM ROOM	11 SEATS
ASSEMBLY	54+5 SEATS
STORAGE	13 LOCKERS
RESTROOM	8 FIXTURES

Existing Entrance

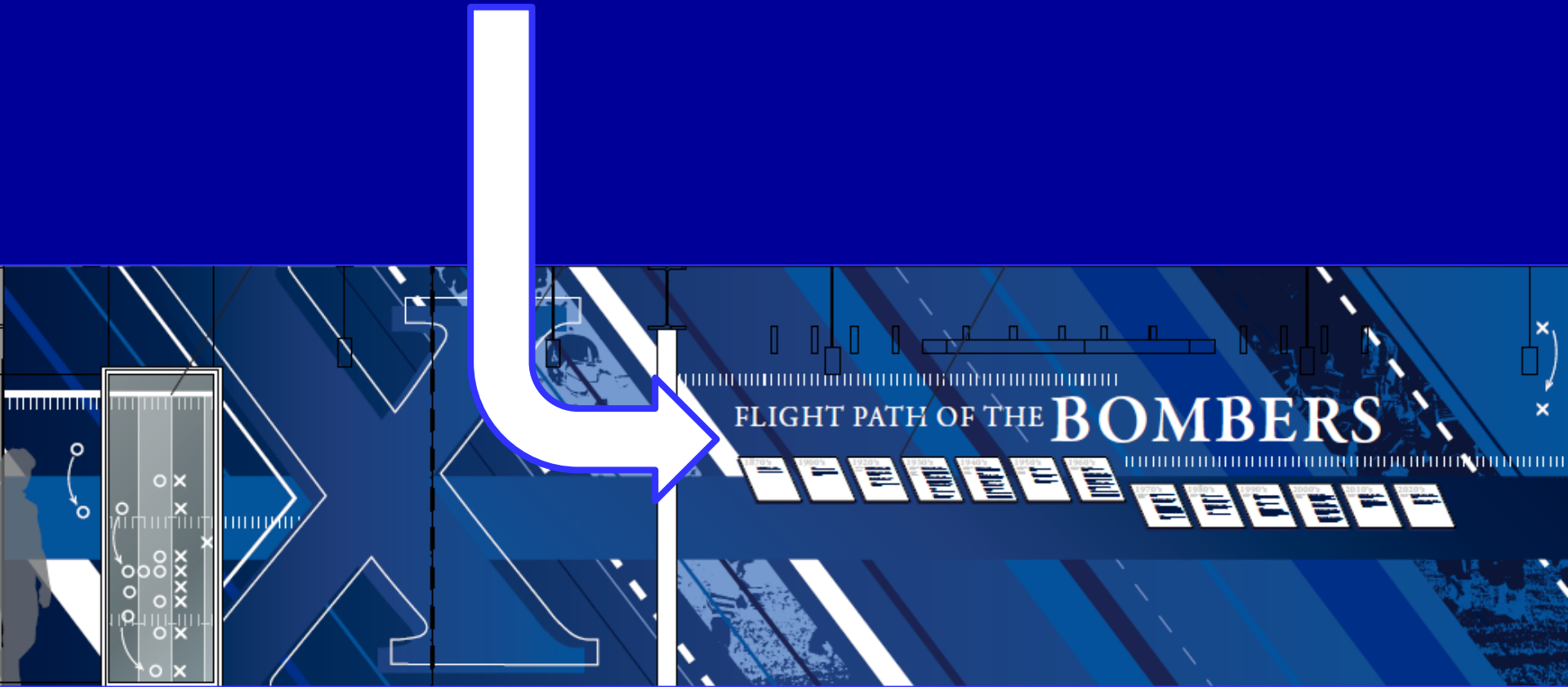


New Entrance

ENTRY VIEW RENDERING



Establish the history of the
program through a timeline...



Existing Locker Room



New Locker Room

LOCKERS RENDERING



Existing Staff Room



Converted to a meeting room

SMALL ASSEMBLE ROOM RENDERING



Team Room

LARGE ASSEMBLE ROOM RENDERING

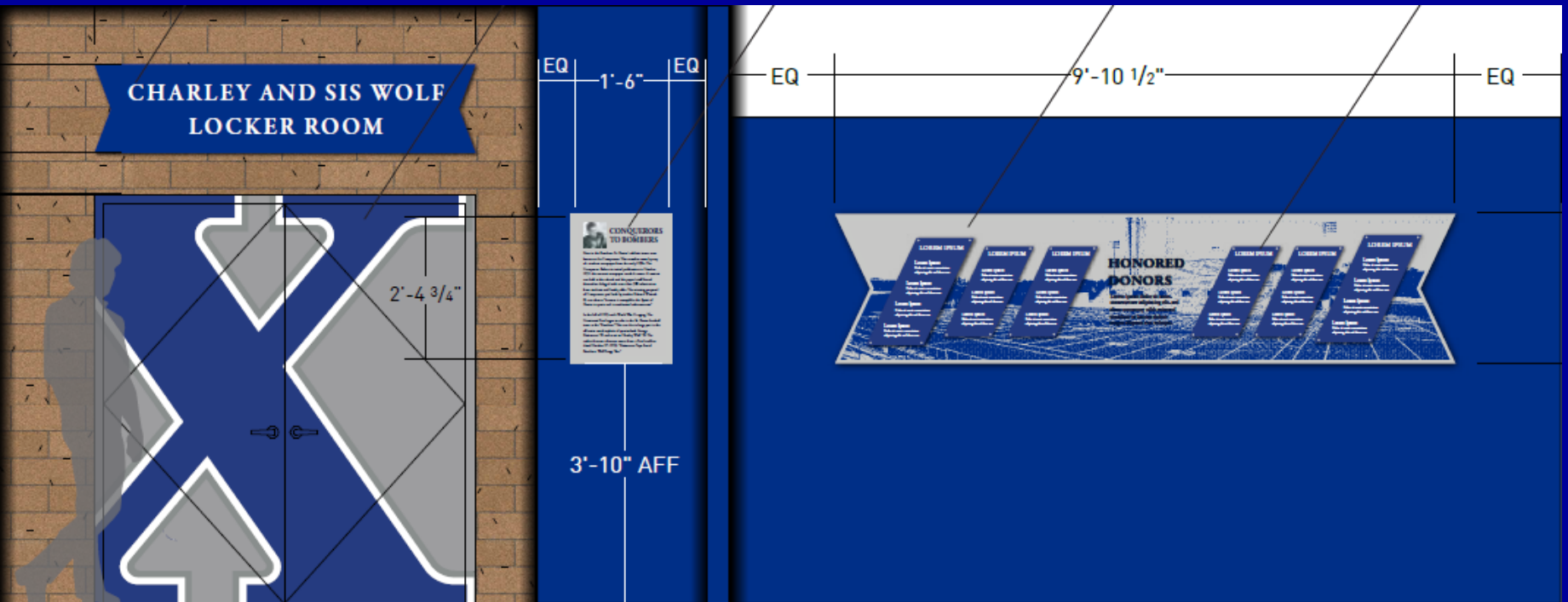


Current Outside Entrance

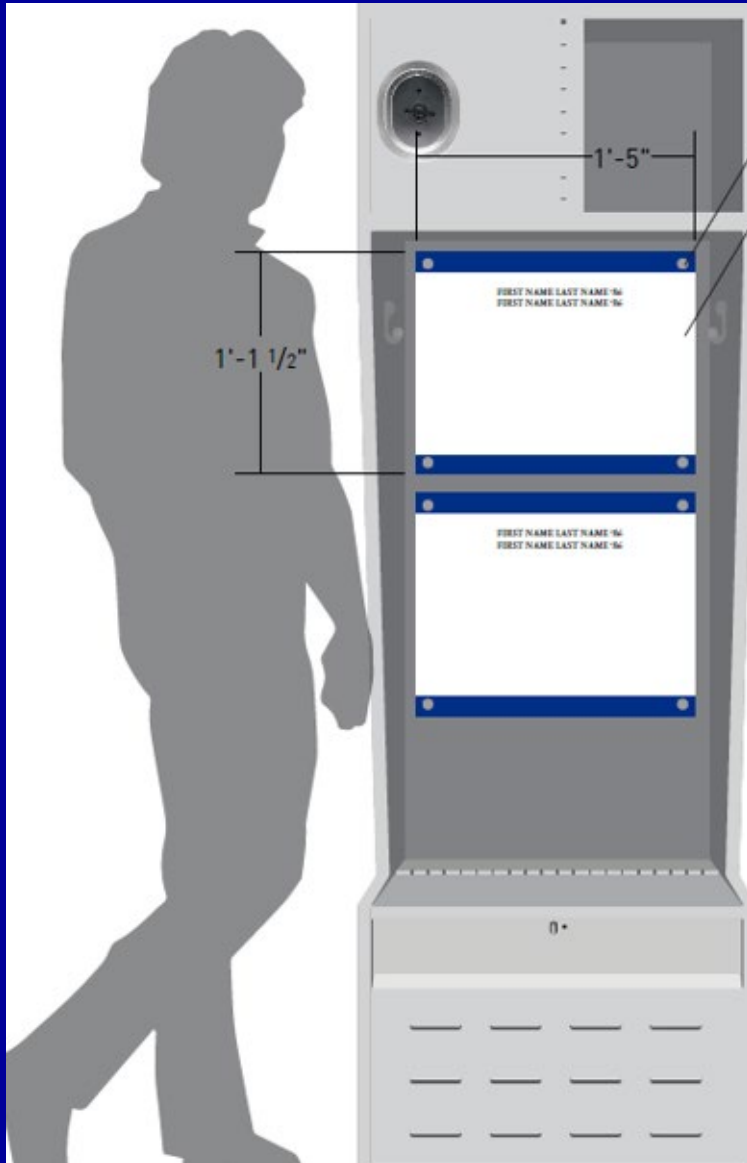


Future Outside Entrance

Donor Wall – Starting at \$10k



Locker Sponsorships



#2	
NOLAN MYERS '23	JOSH ANDERSON '22
LIAM CLIFFORD '21	CHASE WOLF '18
ALEX MALOF '17	KHARI HARRIS '14
BEN CARROLL '13	SEAN AHERN '12
JAKE BRODBECK '11	TANNER VIDAL '10
DOUG GOLAN '09	JOSH JAMES '08
NICK MITCHELL '08	LELAND ZERBE '06

Mind, Body, Spirit

Developing the WARRIORS!

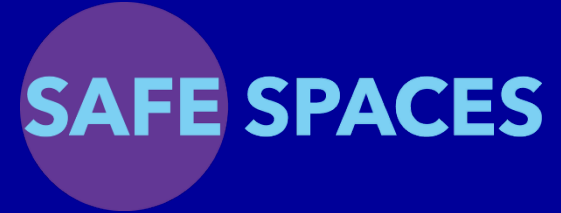
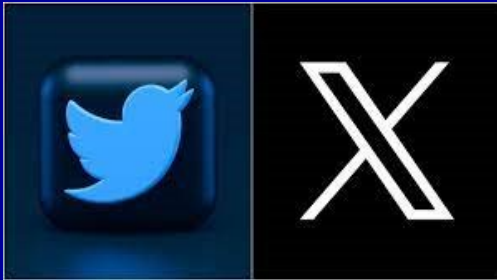
Homer's Achilles -vs- Virgil's Aeneas



Heroes are created through personal exploits and glorification--often through an ambitious drive for self-glorification.

A Heroes first commitment is not to himself, but to others. He is bugged constantly by the reminder, the fatum, "You must be a man for others."

What roadblocks do we face???



ADHD Meds
and their common reactions



For stimulants, the most common reactions include:
Low or no appetite
Weight loss
Trouble sleeping
Social withdrawal


Less commonly, some kids have:
More activity or bad mood as meds wear off ("rebound effect")
Tics (involuntary muscle movements)
A minor delay in growth
Very rarely, some kids have bizarre behaviors, higher blood pressure, and heart rates.

For non-stimulants, side effects can include:
Drowsiness
Stomach pain
Nausea
Tiredness
A drop in blood pressure

Dr. Roseann



WHAT TO DO IF YOUR SELF-TEST RESULT IS POSITIVE | COVID-19 |



COVID-19
Self-test

cdc.gov/coronavirus





Creating the Blueprint!



Governing Principles:

Cura-Personalis – “Care of the Individual”

Mental, physical, and spiritual HEALTH of the individual

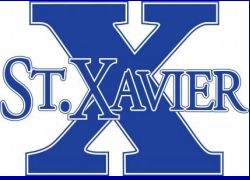
Cura-Apostolica – “Care of the Institution”

Overall HEALTH of the Program



“Nobody cares how much you know until they know how much you care”

Teddy Roosevelt



Creating the Blueprint!

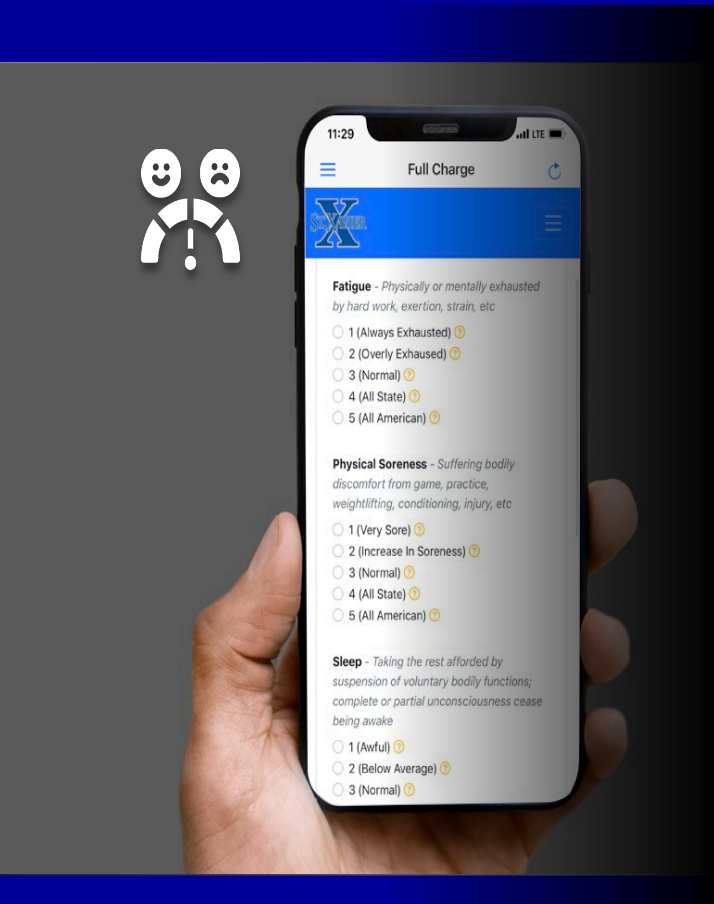


Cura-Personalis – “Care of the Individual” Mental, Physical, and Spiritual HEALTH of the individual

FULLCHARGE		SCORING GUIDE			
	1	2	3	4	5
FATIGUE	ALWAYS EXHAUSTED	OVERLY EXHAUSTED	NORMAL	ALL STATE	ALL AMERICAN
<i>Physical or mental exhaustion from hard work, exertion, strain, etc.; fatigued; tired</i>	Simple tasks are difficult to accomplish Trouble concentrating in class Falling asleep during day Skipping class	Inability to focus on simple tasks Lethargic and slow throughout day Daydreaming in class more than normal Falling asleep during day	Good focus; few mistakes Consistent energy levels throughout the day	Great focus; minimal mistakes Higher than normal energy levels throughout the day	Sharp focus; no mistakes Highest level of energy
PHYSICAL SORENESS	VERY SORE	MODERATELY SORE	NORMAL	ALL STATE	ALL AMERICAN
<i>Bodily discomfort from practice, games, weightlifting, conditioning, injury, etc.</i>	Missing practice time Discomfort affects daily living activities	More sore than normal Discomfort impacts ability to practice well	Some soreness Body is sore but manageable	Minimal soreness No impact on practice/performance	No soreness Body feels great Consistently uses stretch and recovery practices
SLEEP	AWFUL	BELOW AVERAGE	NORMAL	ALL STATE	ALL AMERICAN
<i>A resting state in which the body is not active and the mind is unconscious; not awake</i>	Less than 5 total hours of sleep Consistently poor sleep patterns Not sleeping through the night	Between 5-6 hours of sleep Inconsistent sleep patterns	Between 6-7 hours of sleep Occasional inconsistent sleep patterns	Between 7-8 hours of sleep Sleep patterns rarely inconsistent	More than 8 hours of sleep Consistent sleep patterns
ACADEMIC STRESS	HIGHLY STRESSED	FEELING STRESSED	NORMAL	ALL STATE	ALL AMERICAN
<i>Mental, emotional, or physical strain or tension in academic life</i>	Failing expectations Heavy exam load Incomplete assignments Trouble staying on top of things	Not quite meeting expectations Multiple tests/exams Frequent procrastination	Meeting expectations Manageable tests/exams Occasional procrastination	Exceeding expectations Few tests/exams Minimal procrastination	Crushing it! Easy tests/exams No procrastination
PERSONAL STRESS	HIGHLY STRESSED	FEELING STRESSED	NORMAL	ALL STATE	ALL AMERICAN
<i>Mental, emotional, or physical strain or tension in personal life</i>	Crisis mode - I need to talk today Feeling helpless or depressed	My life is becoming overwhelming Trouble dealing with stressors Significant dwelling on errors	Manageable stress I can recognize my stressors and regroup	Very manageable stress I am able to refocus and move on to the next challenge Life is on an upward projection	Minimal to no stress All is well in my life
NUTRITION	POOR	BELOW AVERAGE	NORMAL	ALL STATE	ALL AMERICAN
<i>The consistent consumption of quality food and hydration; foods consumed support overall health and growth</i>	Minimal hydration throughout the day; no pre-activity electrolyte drink 1-2 meals per day Excessive consumption of fast food and/or fried foods Minimal to no fruit & vegetable consumption	Inadequate hydration throughout the day; no pre-activity electrolyte drink Less than 3 meals per day Significant consumption of fast food 0-2 fruit & vegetable servings per day	Moderate hydration throughout the day; consumes pre-activity electrolyte drink 3 meals a day (Breakfast/Lunch/Dinner) Limited consumption of fast food 2-4 fruit & vegetable servings per day	Optimal hydration throughout the day; consumes pre-activity electrolyte drink 4 meals per day (Breakfast/Lunch/Pre-Practice/Dinner) Minimal consumption of fast food 3-5 fruit & vegetable servings per day	Optimal hydration throughout the day; consumes pre-activity electrolyte drink 5 meals per day (Breakfast/Lunch/Pre-Practice/Dinner/Plus 1) Sporadic consumption of fast food 5+ fruit & vegetable servings per day
GRATITUDE	THANKLESS	DEFICIENT	NORMAL	ALL STATE	ALL AMERICAN
<i>Thankful appreciation for what an individual receives, whether tangible or intangible.</i>	I offer no gratitude for things in my life. I can't find appreciation for any blessings.	I struggle with finding things for which to be grateful. I understand there are many positives but struggle to express the gratitude or accept gratitude.	I take the time to actively express my gratitude to others both verbally and in writing.	I actively thank people verbally and in writing. I journal every day finding time to identify one thing for which I am grateful then offer 5 reasons why and how I express that gratitude.	I find time to say a prayer of thanks, find ways to be mentally grateful for my blessings, or simply thank someone for supporting me.

Creating the Blueprint!

Measure the Mindset!



- Players become educated on their wellness
- All designed to provide feedback on performance
- Players can view results, track their progress and goals
- Receive recommendations for improvement

- Social Stress

- Academic Stress

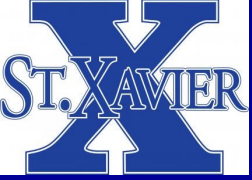
- Fatigue

- Physical Soreness

- Nutrition

- Sleep

- Gratitude



Creating the Blueprint!



January 2024

Sun	Mon	Tue	Wed	Thu
	1 NO CLASSES - Christmas Break	2 NO CLASSES - Christmas Break	3 NO CLASSES - Christmas Break 12:00am Self-Assess	4 NO CLASSES - Christmas Break
7 12:00am Academic Survey 12:00am Self-Assess	8 All Meet (Last day of First Semester)	9 All Meet (First Day of Second Semester)	10 A Day 12:00am Self-Assess	11 G Day
14 12:00am Academic Survey 12:00am Self-Assess	15 NO CLASSES - Martin Luther King, Jr. Day Varsity 6:00am Offseason	16 C Day (Late Start)	17 A Day 12:00am Self-Assess Varsity	18 G Day

Example Survey Questions

Fatigue - *Physically or mentally exhausted by hard work, exertion, strain, etc*

- 1 (Always Exhausted) ?
- 2 (Overly Exhausted) ?
- 3 (Normal) ?
- 4 (All State) ?
- 5 (All American) ?

Physical Soreness - *Suffering bodily discomfort from game, practice, weightlifting, conditioning, injury, etc*

- 1 (Very Sore) ?
- 2 (Increase In Soreness) ?
- 3 (Normal) ?
- 4 (All State) ?
- 5 (All American) ?

Sleep - *Taking the rest afforded by suspension of voluntary bodily functions; complete or partial unconsciousness cease being awake*

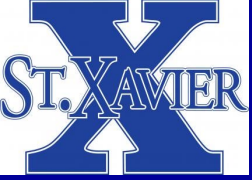
- 1 (Awful) ?
- 2 (Below Average) ?
- 3 (Normal) ?
- 4 (All State) ?
- 5 (All American) ?



ming Events

ason Workout

1/17/2024, 04:30



Creating the Blueprint!



Calendar Resources Help **Reports** Settings Profile Derek Smith

January 2024

list day

< > today Add Event

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO CLASSES - Christmas Break	2 NO CLASSES - Christmas Break	3 NO CLASSES - Christmas Break	4 NO CLASSES - Christmas Break	5 NO CLASSES - Christmas Break	6
7	8 All Meet (Last day of First Semester)	9 All Meet (First Day of Second Semester)	10 A Day	11 G Day	12 E Day (Afternoon Assembly)	13
14	15	16	17	18	19	20





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Weight	Fatigue	Physical Soreness	Sleep	Academic Stress	Person
250	3	2	3	3	
255	2	3	4	4	
239	4	4	3	3	
180	3	3	3	3	
228	4	4	3	4	
295	3	2	4	3	
164	2	3	3	3	
259	3	3	3	3	
295	3	3	3	3	
240	3	3	3	3	
190	3	3	3	3	
257	3	2	5	3	
290	4	3	4	4	
248	3	3	4	4	
250	3	3	3	3	
247.8	3	3	3	3	
212	3	4	3	3	
178	2	1	3	2	
204	4	3	3	4	
205	2	3	3	2	
244	3	4	5	4	
223.3	3	3	4	4	
194	4	4	5	5	
200	4	4	4	4	

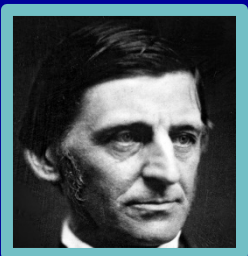
- Easy to use reporting buttons to get up to date analytics on your players assessment/survey data.
- Color coded to promote stoplight mentality

Red - Stop

Yellow - Caution

Green - Good to go

- We are looking for red and yellow when viewing the data



“Trust men and they will be true to you; treat them greatly and they will show themselves great.”

Ralph Waldo Emerson



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Step #2

Cura-Apostolica – “Care of the Institution”

Overall HEALTH of the Program

What are your Core Values?

The BELIEFS that make up the culture of your program;
your program’s identity; your program’s mission.

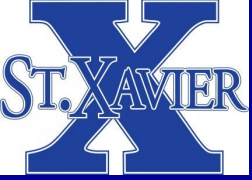
What are your Standards?

The ACTIONS that support and defend the core values.

How do you make this Actionable?

The STEPS you have in place to develop this.

What is it supposed to look like?



Creating the Blueprint!



CORE VALUES!

St. Xavier Football Mission Statement:

Develop Faith

Have faith in GOD, life, and those around you. We must have an unwavering belief, trust, and faith in ourselves, the team, this program, our families, and most of all GOD.

Develop Leadership through Character

All successful people demonstrate certain character traits. Integrity, honesty, self-discipline, dependability, promptness, loyalty, perseverance, and accountability are just a few of the traits we will encounter as St. Xavier football players.

Develop the concept that we are true "MEN FOR OTHERS"

Keep in mind that we were not put on this earth to amuse ourselves or simply enjoy the fruits of the labors of others. We shall endeavor to be of service to our fellow man and leave the world a better place than we found it.

St. Xavier football has but one ultimate expectation:

BE CHAMPIONS IN EVERY FACET OF LIFE!



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STANDARDS!

All successful people demonstrate certain character traits. Integrity, honesty, self-discipline, dependability, promptness, loyalty, perseverance, and accountability are just a few of the traits we will encounter as St. Xavier football players.

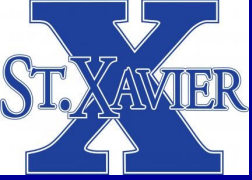


- 1. How are they defined?**
- 2. What do they look like?**
- 3. How are they measured?**



When a team takes ownership of its problems, the problem gets solved. It is true on the battlefield, it is true in business, and it is true in life.

Jocko Willink



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LEAVE A LEGACY!

G RIT - To survive, let alone thrive as a football player, you need to possess grit. You must always possess mental and physical toughness in every aspect of the game. Whether it be going all out in a B.O.B. (best on best) period or giving it your all as a scout team player, every person needs to possess some sort of mental and physical perseverance to succeed.

U NITY - We need to be connected as a team on and off the field. We will no longer tolerate people who have ulterior motives, the ones who are just “going through the motions” or are just here for themselves. We want to make a community where all of our goals are consistently expressed across the board. This will help to form friendships that will not only help on the football field, but in life as well.

T ENACITY - We must have consistent intensity and perseverance despite our unique individual situations. You may be a scout team guy who will never see the field or a star player who is a big key to the team’s success. You may be an up-and-coming sophomore or a senior in his last dance. No matter what your individual situation may be, you must give consistent intensity. Work harder and have the mindset you will be more physically dominant than the person across from you. You must have the courage to never give up.

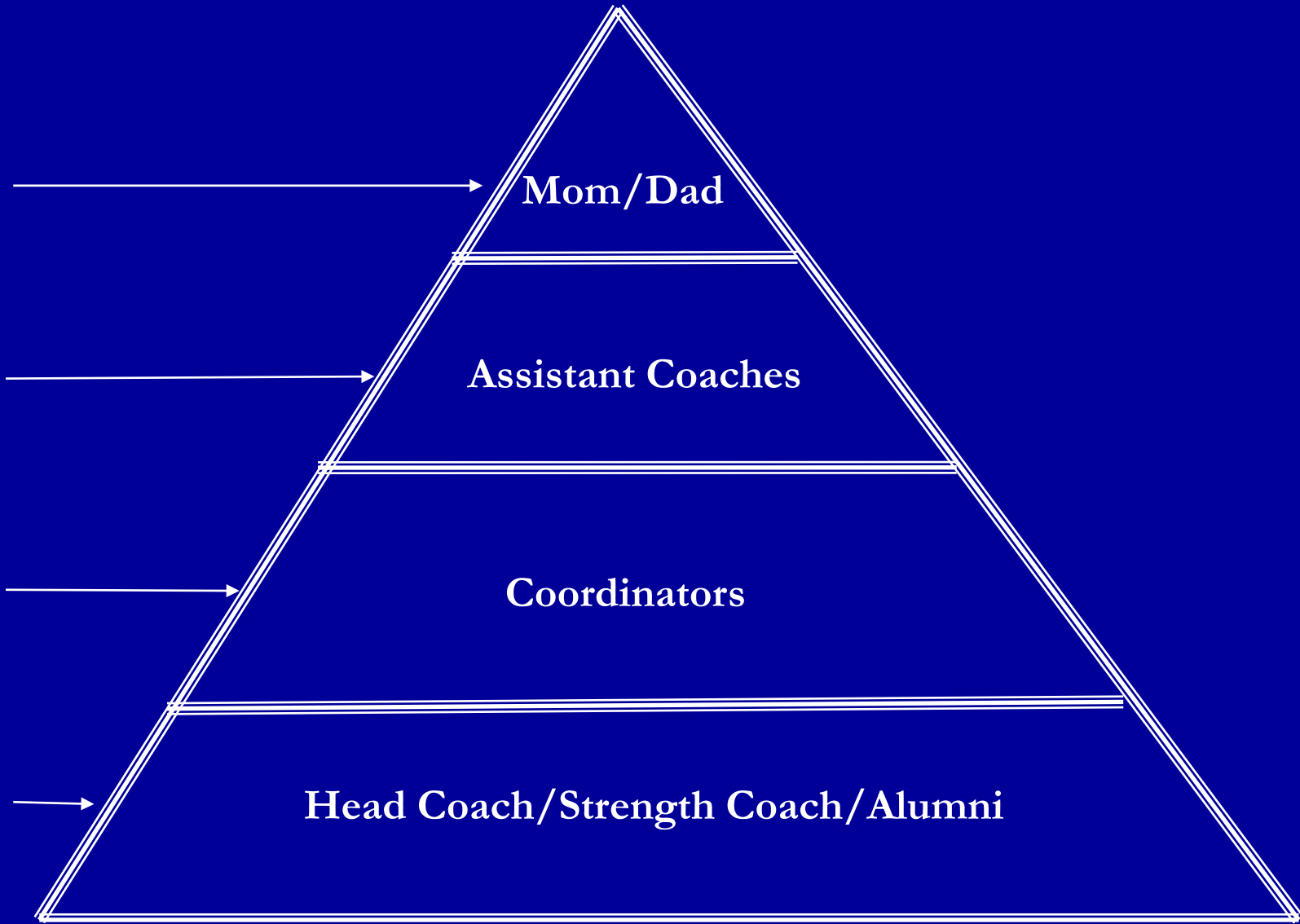
S WAGGER - finally, we must play with a confident, savvy nature. This means knowing your assignment on the field, playing with a swagger, exuberating positive energy, and overall loving the game itself. If you don’t love the game, then what are you doing on this team?



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Perception of Team





Creating the Blueprint!



The Essence of Team

TEAM

Establish a Shared Vision!

Focused on the STANDARDS
that lead to the
CORE VALUES

Developing the
Individual Brands
“Cura-Personalis”

That create the
Team Brand
“Cura-Apostolica”